



Cornmeal-Crusted Soft-Shelled Crabs with Cilantro-Lime Tartar Sauce

READY IN



4500 min.

SERVINGS



4

CALORIES



4602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 cups buttermilk well-shaken
- ☐ 1 cup cake flour
- ☐ 2 large eggs
- ☐ 1 tablespoon kosher salt
- ☐ 8 figs cleaned (preferably 4 to 5 inches wide)
- ☐ 4 servings tartar sauce
- ☐ 2 qt vegetable oil

☐ 1 cup cornmeal yellow

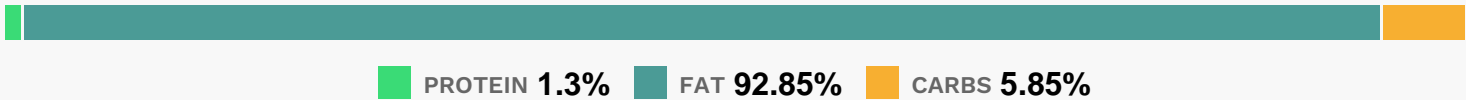
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Whisk together buttermilk, eggs, salt, and pepper and pour into a 3-quart shallow dish.
- ☐ Add crabs and soak, covered and chilled, 1 hour.
- ☐ Heat enough oil to measure 2 inches deep in a wide 4-quart heavy pot (about 4 inches deep) to 375°F.
- ☐ Whisk together flour and cornmeal and transfer to a large sealable plastic bag. Lift 1 crab out of buttermilk, letting excess drip off, and shake in bag to coat with flour. Knock off excess flour and transfer to a tray. Repeat with remaining crabs, arranging them in 1 layer as coated.
- ☐ Deep-fry crabs, 2 at a time, turning over halfway through frying (watch out for popping), until golden brown, 3 to 5 minutes. Return oil to 375°F between batches.
- ☐ Drain crabs on paper towels and serve with tartar sauce.
- ☐ If you can't find self-rising cake flour, you can use 1 cup all-purpose or cake flour mixed with 2 teaspoons baking powder and 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:36.53, Inflammation Score:-8, Nutrition Score:23.446956541227%

Nutrients (% of daily need)

Calories: 4601.69kcal (230.08%), Fat: 482.71g (742.63%), Saturated Fat: 75.78g (473.63%), Carbohydrates: 68.36g (22.79%), Net Carbohydrates: 62.17g (22.61%), Sugar: 14.38g (15.97%), Cholesterol: 106.27mg (35.42%), Sodium: 1916.19mg (83.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.5%), Vitamin K: 874.6µg

(832.95%), Vitamin E: 39.4mg (262.69%), Selenium: 27.04µg (38.63%), Manganese: 0.67mg (33.25%), Phosphorus: 282.93mg (28.29%), Fiber: 6.19g (24.74%), Vitamin B2: 0.39mg (22.98%), Magnesium: 77.18mg (19.3%), Calcium: 188.55mg (18.85%), Vitamin B6: 0.35mg (17.53%), Zinc: 2.39mg (15.96%), Vitamin B1: 0.22mg (15%), Vitamin D: 2.06µg (13.73%), Potassium: 472.23mg (13.49%), Iron: 2.43mg (13.49%), Vitamin B12: 0.77µg (12.91%), Vitamin B5: 1.29mg (12.9%), Copper: 0.26mg (12.76%), Folate: 43.15µg (10.79%), Vitamin B3: 1.53mg (7.63%), Vitamin A: 339.61IU (6.79%)